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MAGAZINE OF PHYSICAL CULTURE

JANUARY 11th, 1906.

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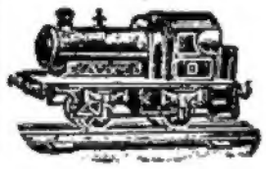

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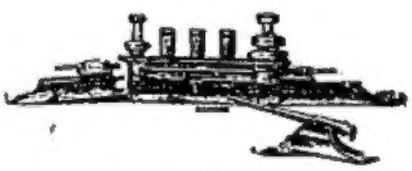

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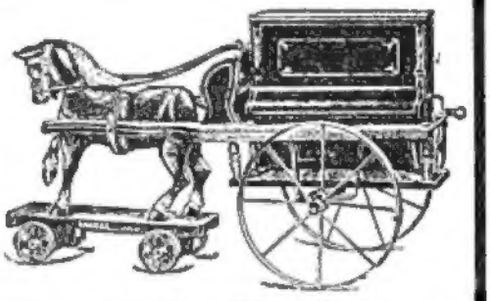

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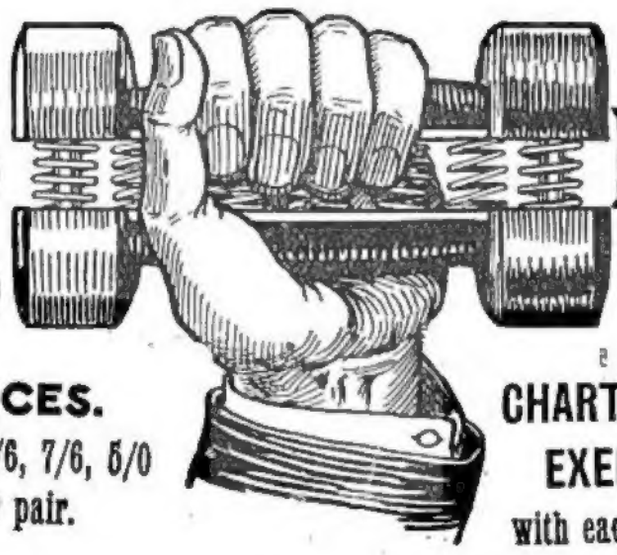

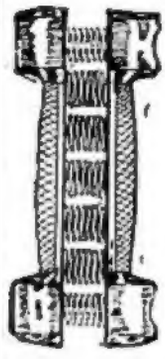

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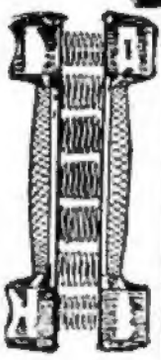

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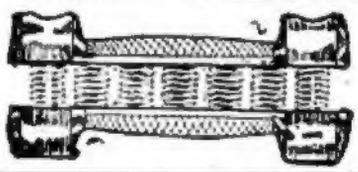

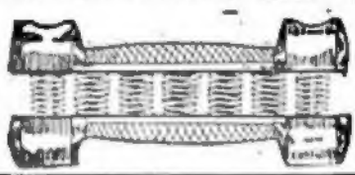

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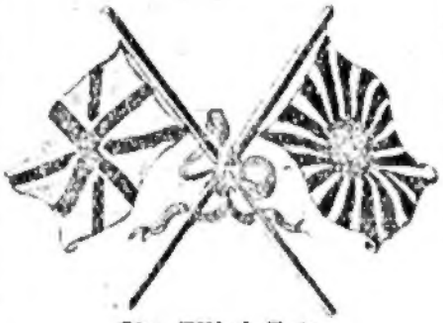

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SANDOW'S MAGAZINE

— OF —

PHYSICAL CULTURE & BRITISH SPORT.

Edited by EUGEN SANDOW. Assisted by FRANK PINK

VOL. XVI. (Established 1898.) JANUARY 11TH, 1906. No. 2.

NOTICES.

ADDRESS.—131 Temple Chambers, Temple Avenue, London, E.C.

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PUBLISHING DAY.—Every Thursday.

SUBSCRIPTION.—Annual Subscription, 10/6; Half-year, 5/6; Quarter, 3/-

EDITORIAL.—I am always pleased to receive Contributions, Literary and Pictorial, for consideration. Where payment is desired, the Contribution should be accompanied by note of amount required. Prompt consideration will be given and an early reply forwarded.

NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

During the last few weeks a bevy of Symmetrion girls have been touring the large provincial centres, giving practical demonstrations of the marvellous beauty-creating powers of that apparatus. At all the establishments where demonstrations have been given, these young women have caused quite a sensation. It is somewhat amusing, though, that the Symmetrion demonstrators have given quite a fillip to the sale of another apparatus, and the young men of the provinces are evidently determined not to be outdone by the young women, for, wherever the Symmetrion girls have appeared, there has been an increased demand for the male apparatus, the well-known "Developer."

o——o

The signs of the times with regard to the progress of physical education are everywhere most encouraging. I have noticed with the greatest pleasure that recent articles on various phases of this important subject are being extensively reproduced from our Magazine in the large London and provincial journals. The article recently on "Boxing," from the pen of Mr. Wodehouse, has been quoted from generously in the *Sheffield Telegraph*, the *Liverpool Express*, the *Yorkshire Post* and other large provincial dailies, while other excerpts have been given the valuable publicity obtained from the widely circulating columns of the *Daily Mail* and the *Evening News*.

o——o

The matter of physical education in elementary schools is also, I am glad to see, receiving considerable attention, and at a recent conference of teachers assembled under the auspices of the London County Council. Among the speakers were Colonel Fox, Inspector of Physical Training to the Board of Education, and Sir Edward Lauder-Brunton. Physical exercise, said Col. Fox, ought to be a complement to, and not a substitute for, games. Sir Lauder-Brunton, an enthusiastic Physical Culturist himself, also gave an interesting address, and emphasised the importance of good feeding for

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the children in conjunction with physical training.

o——o

Again, the importance of physical exercise and athletic games is now being realised by those courting parliamentary honours, and aspiring candidates are beginning to cultivate the vote of the Physical Culturist. Speaking at the annual dinner of the Hampstead Wanderers Football Club, Mr. J. S. Fletcher, M.P., who presided, said that it was of vital importance that the Education Board should pay more attention to physical training, and if fewer subjects were taught in the schools, and more time devoted to physical training, he believed they would have a finer race of Englishmen. Physical training, he contended, was the only means to avoid conscription.

o——o

Another important speech on the subject of Physical Culture in elementary schools was that made recently by Sir J. Gorst (with whom an illustrated interview will shortly appear in the Magazine), at a meeting of the Children's Defence League. "Taking it roughly," said Sir John, "he believed there were two millions of children attending schools in a deplorable physical condition, either half-fed, not fed at all, or fed upon improper food, and improperly clothed." The first step was: see that the children were well fed and clothed, and after that to see that physical training was properly given to the future manhood and womanhood of this country. One of the most pleasing features of Sir John Gorst's speech was the statement that he had found a great and growing interest being taken by working people generally in this question.

o——o

I informed my readers recently that I intended dealing with the disadvantages of the living-in system, now so common in large shops and warehouses of this country, and I am at present receiving reports from the special commissioner whom I have deputed to make the necessary enquiries. I hope also to be able shortly to publish a series of the articles dealing with those business establishments which give a proper amount of consideration to the physical and mental welfare of their employés.

o——o

In addition to the firms I have previously mentioned, I can now include that of Messrs. W. D. & H. O. Wills, of Bristol, the well-known tobacco manufacturers. The latter firm have an excellent Gymnastic Club in connection with their business, for both sexes, and the club recently gave a first-class display. I should like to see every large business establishment in the country similarly equipped.

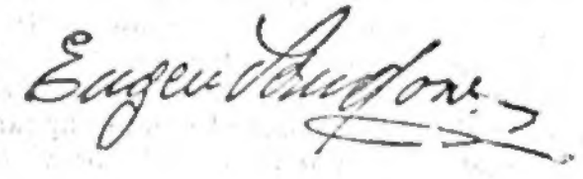
o——o

In an early issue I shall publish an interesting article, with beautiful photographic illustrations, showing how the welfare of the employes at the famous Port Sunlight Works of Messrs. Lever is studied. Port Sunlight is a real model village, a regular Utopia for the large army of men, women and youths employed there.

o——o

Mr. Austen Chamberlain's attack of sciatica, which has compelled him to cancel his engagement to speak at Bromsgrove recently, is a reminder that, just as he shares his father's distaste for physical exercise, he enjoys, as a rule, a similar immunity from illness. The elder Chamberlain never walks when he can ride, has never climbed the Alps or learned to cycle, never played golf or "kicked off" at a football match (although the New Zealand tour has offered a splendid opportunity to an Imperialist statesman); and in each of these respects the ex-Chancellor of the Exchequer takes after his father. Yet both are strong and healthy, save in the father's case, for an occasional touch of gout, and both possess an amount of energy that would do credit to Sandow. The only known instance of physical exertion on Mr. Austen's part was when he was knocked down by a Jersey bull on his farm in the grounds of Highbury. Then, as now, he was in opposition.

The above is an extract from the *Pall Mall Gazette*. Mr. Chamberlain and his son would undoubtedly secure Protection by taking a course of Physical Culture.



The Breath and All About It.

IN treating this subject we will be as brief as possible, owing to limited space. The exhaled air, called the breath, is composed of nitrogen and oxygen; the latter is less in proportion than found in the atmosphere. The breath also contains aqueous vapour, ammonia, organic impurities, and a little over four per cent. of carbolic acid. The last named ingredient is increased in the early stages of the acute infectious diseases, viz.: measles, scarlatina, smallpox, etc., except typhus fever, when it is diminished. The temperature is slightly less than that of the body, being influenced by that of the external air, but seldom falls below 92 degrees F. In fevers, the temperature is increased, but in the algid stages of cholera, and when death is pending, in many diseases it is almost cold.

In perfect health, says Dr. C. W. Canan, the breath is almost odourless, but is modified by very slight causes, and under many conditions becomes valuable as a diagnostic sign.

In diabetes mellitus there is a peculiar sweetish odour, likened to those of honey, sweet apples, or new mown hay. In glau-coma a peculiar breath known as haleine safranee is invariably present. In pyemia there is a peculiar breath that is hard to describe, but when once detected will seldom be forgotten.

The breath of chronic alcoholisms is very offensive, possessing a peculiarity unlike any other odour. Many volatile substances when entering the system through the ordinary channels, are excreted to a certain degree through the lungs, and contaminate the breath. These are chloroform, turpentine, alcohol, etc.

Bad breath may be due to either local causes or systematic disease. Among those that are local will be found dental caries, and other affections of nose, mouth, larynx, pharynx, tonsils and lungs. Bad breath more frequently results in those who have decayed teeth, from particles of food that are undergoing decomposition than from the teeth themselves. This is sometimes the cause where there are no caries, in persons that are careless about their teeth.

In cancrum oris, follicular tonsilitis, and necrosis of the jaw, the breath has a very characteristic sickening odour. In follicular pharyngitis, the odour is due to decomposition of the secretions and food particles that fill up the follicles, and is characteristic of fecal matter. The breath in diphtheria is suggestive of putrefaction.

There is a condition known as catarrh of the tongue, which occurs as a disease perse, or may be associated with dyspepsia, in which the odour is due to decomposition of mucus, epithelial scales, and particles of food.

Offensive breath is always present in dyspepsia, either gastric or intestinal. The cause, or wherefore, is easily understood. The broken-down tissues, and effete matter, that should be eliminated through certain channels, are dammed up, hence Nature tries to assist, by throwing off a part through the lungs.

When constipation is associated with the disease, the breath at times is very offensive, because of large quantities of decomposing organic matter. The breath is also offensive in gingivitis, the result of mercurial or arsenical poisoning. The same is true in scurvy and syphilitic ulceration of the mouth and fauces. Ulcers

in the larynx and pharynx, especially when syphilitic, contaminate the breath. The same is true of tubercular ulcers.

There is no disease that makes the breath so offensive as ozena. In this disease the breath is exceedingly foul and repulsive.

Patients suffering from uremia have a breath that strongly resembles ammonia, due to a failure on the part of the kidneys to eliminate urea.

Various mineral substances which are themselves almost, or quite, without odour, when taken into the system in sufficient quantities, cause a very disagreeable breath, due to irritation of the stomach or deranged digestion. The odour of the breath may change temporarily under trivial causes. Fits of anger and excitement may, and often do, produce fœtid breath.

In feverish conditions in children, the breath has a sweetish odour, reminding one of chloroform. Children suffering from worms have this peculiar breath, except more fœtid, but it can not be relied upon, because many conditions in which there is irritability along the alimentary canal may give rise to similar, if not identically, the same bad breath.

In certain forms of bronchitis, and in cancer of stomach and liver, the breath may become very offensive. There are some individuals who suffer more or less from an offensive breath, the cause of which it is impossible to discover. This may be constant, and yet there seems to be no deviation from normal good health.

We believe that the cause of this condition lies in faulty elimination of the skin, because the breath of this class of person always partakes (smells) of sweat and other secretions.

TREATMENT.

The treatment of this condition is as varied as the causes themselves. The thing to be remembered above everything else is to find the cause. This found, your success will depend on whether the disease is curable or not. Where it is due to caries of the teeth, all cavities should be filled, and teeth that are too far gone extracted. If the gums are spongy, a tooth wash should be used containing thymol and myrrh.

When the cause lies with the stomach, we have found nothing more serviceable than charcoal after meals, in conjunction with the recognised treatment. In catarrhal conditions of stomach and bowels, with fœtid breath, we have found the non-alcoholic extract of golden seal to be a most efficient remedy. Constipation should be corrected, if present, in all diseased conditions of the alimentary canal. Begin this with a thorough cleaning out of all retained *debris*, then follow with your laxative, and then add to this the sulpho-carbolates to render the canal aseptic, and maintain it, and the offensive breath will soon disappear.

In all diseases of the mouth and fauces that are ulcerative in nature, a mouth-wash or gargle should be used containing carbolic acid (one to two hundred), to which a little thymol has been added.

To sweeten the breath in incurable disease of mouth, larynx, or throat, use the following:—

R. Thymol, 3 1-2 grains; borax, 15 grains; oil of nutmeg (dissolved in one drachm of alcohol), 5 minims; distilled water, 16 ounces, M. Sig.; rinse mouth freely or gargle often.

In tubercular conditions, bronchitis, liver and kidney troubles, everything possible should be done to establish a healthy condition of the skin. There is nothing so essential to purify the breath in these conditions as systematic bathing and friction of the skin with a flesh brush.

For bad breath, when it is impossible to remove the cause, the following can be used, and will be found more or less effectual in disguising it: the oil of cinnamon, cardamom, mint, nutmeg, cloves; cardamom seed, anise, spice, etc. It should be remembered also that in many conditions the proper restriction of diet will be found exceedingly beneficial.

"The outlines of the bones of the hand may be seen by holding a piece of rice paper before the eyes and placing the other hand about twelve inches to the back of the rice paper and before a bright light. The bony structure will be clearly

Let every action tend to some point, and be perfect of its kind. MARCUS AURELIUS.

How to Preserve the Eyesight.

An eminent physician lays down these simple laws on the general care of the eyes for persons who wish to retain the strength of their eyesight to green old age.

When reading, writing, drawing, sewing, or engaged in similar work, always take care that the room is comfortably cool; that the feet are warm; that there is nothing tight about the neck, and that there is plenty of light. Be sure that the sun does not shine directly on the object in front of you, and that the light comes over the left shoulder. The head should not be bent much in reading. The page should be nearly perpendicular to the line of sight. It should not be less than ten inches from the eyes.

Do not habitually lie down when reading.

Never study or write before breakfast by artificial light.

Avoid reading or sewing by twilight, or when debilitated by recent illness, especially fever.

When the eyes have any defect avoid fine needlework, drawing of fine maps, and all such employment, except for very short tasks, not exceeding half an hour each.

Never play "tricks" with the eyes, such as squinting, rolling them, and so on.

In all forms of labour requiring the exercise of vision on minute subjects, the worker should rise from his task now and then, take a few deep inspirations with the mouth closed, stretch the frame, throw the arms backward and forward, and, if possible, step to a window or into the open air, if only for a moment.

Reading in a moving car certainly involves an undesirable strain, and should be avoided as far as practicable. If you will read, obtain books or papers with large type.

The eyes are often affected when the stomach is out of order. Consult an oculist without delay for serious or persistent weakness or pain of the eyes.

Every duty which is bidden to wait returns with seven fresh duties at his back.—C. KINGSLEY.

Hair as an Index to Character.

The character of individuals is denoted by the contour and shape of the face and head, by the shape of the hand and fingers and also by the colour and texture of the hair.

Light-brown hair shading to red with a freckled complexion is considered to denote a deceitful, treacherous disposition, which does not hesitate to do anything mean when benefits will accrue to itself.

Auburn or very light-brown hair with a natural curl or wave indicates a genial disposition, but one given both to resentment or revenge.

Brown hair shows a friendly disposition and love of life, good business capabilities, ambition, an earnestness of purpose.

Black hair denotes persistent resolution in accomplishing an object, with a strong disposition to avenge any real or fancied wrong.

So much for the colour of hair: now for the texture. In proportion to the fineness of the hair the strength of friendship is supposed to depend. Very fine hair shows an even disposition, a readiness to forgive and a desire to make people about one happy and contented.

Good Remedies.

For sore throat try a compress of cold water.

For bilious colic try soda and ginger in hot water.

For sick headache rub peppermint oil on the temples.

For nervous headache bathe the back of the head with hot water.

A hop bag wrung from hot vinegar is a quick relief for earache.

Tincture of arnica is the best application for sprains or bruises.

Cultivate the habit of always seeing the best in people, and, more than that, of drawing forth whatever is best in them.

The manner of saying or doing anything goes a great way in the value of the thing itself.

MEAT EATING.

By M. T.

I HAVE been writing and finding good health thoughts for readers for nearly a year, and while the letters of appreciation have been a source of great satisfaction and pleasure, I have felt that a great deal more could be done for the good of the cause of health.

I have, for nearly a quarter of a century, been a student of medicine and good health ideas. During this long period of years many interesting and valuable thoughts have been presented to me for attention and consideration, and, many things have suggested themselves to me as means for avoiding the great amount of illness that annoys, vexes, and hinders the people.

Nature intended that all people should be strong and well; some are.

Medicines are wholly little "helps" to put nature again into control.

Many persons seem to depend entirely on medicine to keep them alive.

Something is wrong somewhere.

Sensible people would not think of eating poison—yet doctors give them thrity-seven different poisons. They are given to neutralise the poisons you eat.

Everybody knows that uric acid is the cause of rheumatism, gout and many complications, including heart-disease, diabetes, Bright's disease, and anaemia.

Most people know that flesh foods: beef, pork, and mutton, are full of uric acid, and that the over-eating of this class of foods gives such an increased supply of uric acid that their organs cannot and do not eliminate it, and this whole family of diseases predominates because of their wilful indulgence in this class of foods.

But they still insist on filling up with meat.

Now, look here!

Do you actually want to be sick?

Will you actually sell your birth-right, health, for the mess of pottage, meat?

Well! That is just what you are doing, and you keep doing it every day.

The moral, healthy body will secrete a certain amount of uric acid out of a vegetable diet, but, it will not get any more of it than it can take care of and eliminate.

On a mixed diet of vegetables and a moderate amount of meat, about one-third more uric acid is accumulated.

On a heavy meat diet almost three times as much uric acid is accumulated as on a purely vegetable diet.

This is more than the human system can take care of; it is more than can be thrown off, and consequently it accumulates in the body, poisoning it, and causing the worst forms of rheumatism, gout, short breath, heart disease, Bright's disease, diabetes, and all forms of auto-intoxication.

It is a slow death, but, is a very painful one.

It drags along over a period of years, generally, and while much is enjoyed, the real beauties and delights of this grand old world are mostly lost.

Health means happiness; rheumatism means pain and suffering.

But you ask: "Cannot something be given that will help carry off this acid?"

Grease is a fine thing to put on a burn—but would you go and burn yourself just for the privilege of putting some grease on it? And say! does it not occur to you that perhaps it would be well to burn only a little place, limit the amount of grease that would be required to repair the damage and possibly, also, the suffering?

Eat more grain and vegetables; eat more fruit and nuts; get back closer to nature and the foods that nature intended that you should eat.

If you are strong and healthy now, put off the day when rheumatism shall rack your frame and fill your days with woe.

That day surely will come to you if you keep on eating so much meat, and the skill of the best physician in the world will not then be sufficient to entirely relieve your suffering; it will be too late.

Meat means uric acid, and uric acid means suffering of one kind or another.

There is another point to be considered in thinking of meat. It is a well known fact that, even in perfect health, there is a constant waste and supply, old tissue is being worn out and removed and new material taking its place.

It would be no stretch of the imagination to say that one-third of all meat eaten by human beings consists of this worn-out, absolutely worthless, matter that is just being thrown out by the actions of nature.

Another third is partially used up and perhaps one-third, including the blood, is strong, fresh and new.

The only really high grade nutriment in the whole category is the blood itself, which contains all the strong, new nourishment that is intended for the up-building of the animal tissues.

The blood, then, is the highest grade of animal food, or meat diet, and if you must have a meat diet, the very best form of that diet is blood pudding.

This will contain its ratio of uric acid, but will also be rich in all the strength-giving ingredients of the meat itself, with little waste or worthless material.

Coming back to the purpose of this paper, that is, to some means for eliminating at least a portion of the bad effects of uric acid, it would seem to me that the very best plan, for all people who have been brought up on a meat diet, and who feel that they cannot very well do without this principal article of their diet, would be to confine themselves, as much as possible, to the white meats.

Dark red meats are full of uric acid.

The light coloured meats, while they contain some, are not so heavily charged with this disease-breeding element.

Eat less meat, and eat the light coloured meats.

This article is not intended to be a senseless tirade against the eating of meat. The writer has had experience with all classes of people, and knows that we are all more or less creatures of habit, that the majority of people are accustomed to a meat diet, and that they cannot immediately break away from that custom.

I have great faith in the good commonsense of the majority of the human family, however, and I believe that if people knew that it was really doing them harm, they would not persist in the habit any more than they would persist in eating green apples, after they found that they always result in diarrhœa and belly-ache.

In closing this friendly talk, I desire to emphasise the fact that every statement made in this article is absolutely true. Uric acid *is* the cause of that long string of kidney, liver, and blood troubles which you know under the name of rheumatism, diabetes, Bright's disease, heart disease, headache, constipation, and nervousness. It causes that "All played-out feeling," loss of energy, vitality, and premature old age and decay.

Now, notice particularly that *the very best way to avoid all this trouble* is not to take this extra, unmanageable supply into the body at all. Keep it out, just as you would keep out a robber; for it is a robber that steals silently into your strong, healthy castle, undermines your defences, and steals the health, strength and comfort that rightfully belong to you, and in their place leaves you a donation of sickness, sorrow and suffering.

THE WRESTLERS.
From a Continental piece of Statuary.

COOKS AND DOCTORS.

A close observer must have noticed the part which specially prepared foods play in the treatment of disease. Already in some of the large cities we find diet kitchens, in which easily digested and predigested foods in considerable variety can be had on the doctor's prescription.

In the smaller cities and towns, however, progress in this direction is slower, and the doctor finds it necessary to supplement his knowledge of drugs with a knowledge of the preparation of foods. The time is fast coming when we shall give fewer medicines, and accomplish more by means of foods especially adapted to the needs of each individual case.

The doctor cannot know too much about foods, their chemistry, preparation and particular value in correcting states of malnutrition. One diathesis, for instance, is greatly benefited by the use of fruits. In another their use, even in moderation, causes irritation and diarrhœal disturbances. Some are omnivorous eaters of fruit, others require a careful selection.

The same may be said of vegetables. There are times when a purely vegetarian diet will lessen excitability, reduce blood-pressure, enable the system to free itself of waste, and encourage recuperation. But in a case of intestinal indigestion, anæmia, depression, or where the patient is suffering from phosphaturia, the doctor will have to depend principally on animal food.

It is marvellous to see how the work of digestion can be reduced by the scientific preparation of food. Nor are such foods insipid by any means. The educated palate is not only gratified, but immediately detects the digestibility of these products.

Cooking has become a science as well as an art, and the coming doctor has got to be a good cook and a physiological chemist as well. The successful doctor of the future will have to know enough about the preparation of foods for the sick to judge whether they are properly done or not, and to demonstrate the correct method of preparation when necessary.

The up-to-date doctor is not afraid of compromising his dignity by anything he may do in the interests of his patients; *knowledge, not dignity, is the main desideratum of this age. The single aim of the modern man is to secure results.* The doctor who can go down into the kitchen and show the cook how to prepare a diet which his patient's feeble digestive organs can manage is "solid" with that family.

Read everything that comes your way on the dietetic value of food, then make a practical study of the subject at first hand. *Remember that medicines can not correct pathological conditions where an incorrect diet is the principal cause of trouble.* Many foods are absolutely spoiled in the cooking. They are overdone or underdone. One is as bad as the other. A food which is overdone is robbed of much of its nutriment; if it is underdone, too much work is thrown on the digestive organs.—*Medical Brief.*

ARE WE A DEGENERATE NATION?—Mr. Cecil Reddie, Headmaster of Abbotsholme School, in a lecture—"Some Causes of Physical, Mental, and Moral Degeneration"—before the Childhood Society recently, said it is difficult to say if degeneration does really exist or not. People have become more self-conscious than of old, and it is fashionable in these days to be delicate. There is also a tendency to idealise the past instead of preparing for the battles of the future. More is expected of people now than is realised. People speak more, read more, move more than of old, and the physical and mental strain is greater than is known. There is no evidence (said the lecturer) that insanity is increasing; but the registration of lunacy is increasing. London produces more lunatics than any city in the world. Geographical and historical conditions influence character (went on Mr. Reddie). English people have not room to expand. Further, they consider the individual more than the nation.

It is exercise alone that supports the spirits, and keeps the mind in vigour.—CICERO.

SOME WONDERS OF MEMORY.

From time to time marvellous feats of memory astonish the reading public, and there are historic instances of men able to repeat from memory book after book, but recent scientific investigations have made even more apparent the almost incredible performances of the human brain.

Anatomists and psychologists, working together, have located the seat of special faculties in certain parts of the brain, and demonstrated beyond doubt that affection of the different lobes will affect the reason in altogether different ways.

But no one has yet been able to point with certainty the method by which the wonderful storehouse of information which we call the brain avails itself of the facts laid away in the recesses of the mind.

How often are children chided for their forgetfulness, and how many times a day it is necessary to remind the average person of some duty left undone through oversight? Yet in view of the tremendous work the brain is called on to do, is it not rather remarkable that so few things are forgotten?

Scientists have proved that it takes less than one-third of a second for the brain to receive an impression, which would give a man at the age of fifty years 4,733,640,000 impressions. If one-third is allowed off for sleep, we still have the quite respectable total of 3,155,760,000 separate and distinct events impressed on the brain.

Surely the average memory may be praised for the manner in which it acquits itself of its stupendous task, and a man's recollection of events of ten years ago may be excused for being perhaps a little hazy, when we stop to consider that the same scientific gentlemen who have so carefully estimated the number of impressions received during a half century of life informs us that the average brain has 205,542 traces of ideas for every grain of gray matter.

Many of the greatest men have had phenomenal memories. Cæsar knew the names of thousands of soldiers in his legions. A modern man of science often has a prodigious memory for special terminology. Professor Asa Gray assured me that he could at once recall the names of something like twenty-five thousand plants; Professor Theodore Gill can do the same for fishes. Our memory for mere words is itself much more extensive than is generally admitted. The average well-to-do child of two years of age has a vocabulary of some 500 words, and its father may have the command of 20,000 more. The 10,000 verses of the "Rig-Veda" have for 3,000 years been accurately preserved in the memory of the Brahmins. Not one Brahmin alone, but thousands can to-day recite it word for word. Thousands of Mohammedans, likewise, know the Koran by heart, as all learned Chinese know their classic books. The chiefs of Polynesia can and do repeat hundreds of thousands of words in their genealogies—taking days and even weeks for the recitation. Hundreds of pianists can play all day, and many days, by memory; and I have myself seen Von Bulow conduct Beethoven's Fifth Symphony without a score. Chess players have a visualising memory; musicians have an auditative and a motor memory; while arithmetical prodigies may have any one of the three, or a combination of all.

ROLAND SPENCER,
One of the famous Spencer Brothers, whose feats of strength were much in evidence at Physical Culture displays until recently.

PROTECT YOUR NORMAL VITALITY.

DID you ever stop to think of the duty you owe to yourself and your family, to protect your normal vitality so that your powers may be always at their best?

How, for instance, can the doctor make a careful diagnosis, or decide on the best treatment when he is in a worn-out, devitalised state? The doctor may, perhaps, ask how it is possible for him to care for himself when he is liable to be called out any hour of the day or night in all weathers. We acknowledge that it is not so easy for the doctor as for some other men, but it is an old saying that where there is a will there is a way, and if the doctor bears in mind the necessity for caring for himself as a very fine piece of vital mechanism, he can do much to keep himself in a normal condition.

The same doctor who writes out a carefully considered diet list for a patient, will take liberties with his own stomach, going past his meal hours, letting his stomach grow faint and weak, then crowd it with indigestible matter. He will take whisky or morphine to keep up his strength by dulling his sensibilities, when a light lunch which he could carry in his pocket would answer the purpose much better. Two or three raw eggs well beaten and flavoured with a dash of sherry or a little lemon juice, or a pint of milk chocolate might be bottled or carried in a pocket to be used as a safe filip to the flagging energies.

The doctor needs regular outdoor exercise as much as any man. His blood needs oxygenation, his glandular and circulatory apparatus needs the mild stimulation of the walk in the open air. Digestion and assimilation cannot be kept normal without it. Air and sunshine are tonics which men, as well as plants, need in order to thrive.

The body contains a very large percentage of water, and this needs to be constantly renewed for health. A stale man is much like any other stale piece of meat—full of impurities. Renew the fluids by drinking plenty of pure water. The kidneys and skin will not do their work well without enough outdoor exercise and an abundant supply of pure water.

Another important thing as necessary to doctors as other men, is mental rest and recreation. The doctor loses much sleep necessarily, and he should cultivate the art of making the mind a blank and catching a nap whenever he can snatch a few moments. He should also think to a purpose about his cases, and then dismiss them absolutely from his mind. Mere worrying over them will do neither his patients nor himself any good.

The doctor will do well to cultivate, as far as possible, any other taste or talent he may have as a relaxation and diversion from the more serious business of his life. There is nothing more soothing to the nerves than music; if the doctor is fond of music, and if he is unable to play an instrument himself, and none of his family are proficient performers, there are a number of automatic instruments on the market which make very satisfactory substitutes.

Whatever you do, find a way to change your thoughts from time to time, and let the hard-worked parts of your brain recuperate.

Keep your vitality up to the normal that you may do your best work and get some enjoyment from life as you pass along.—*Medical Brief.*

Do not Eat too much Meat.

Dr. H. W. Wiley, chief chemist of the U.S. Department of Agriculture, and one of the very few fearless, outspoken men in public life, in a recent lecture criticised the present American mode of life and dietary in a fashion that makes him a physical culture exponent to the core. Herewith follow some pertinent remarks that Dr. Wiley saw fit to make:

"Americans and Englishmen eat too much meat," he said. "When you've got a great deal of work to do, don't eat a lot of meat. Eat fatty and starchy foods, plenty of potatoes, corn and bread. They build up the tissues and don't overwork the kidneys. Beefsteak and other nitrogenous foods overwork the body in expelling them.

Dr. Wiley says that eating too fast is another evil of American life, as we fail to properly masticate our food under such conditions. When we eat fast, the

balance the appetite should strike is lost, and we eat more than we want.

"When spring comes on," he continued, "remember that your body does not require as much food as it did during the winter, and moderate your appetite accordingly.

"Spring fever is a languor which comes from overloading the stomach during the time when the body doesn't have to fight the rigours of winter—when there is too much waste matter in it. Don't eat a great deal while you are working; eat after the work has been done. You are always drawing your strength from the food you have taken the day before.

"I'm not a crank on dieting. I believe in a man eating what he likes, but I believe in a man keeping young, and he can do this best by avoiding an excess of nitrogen in his food, and this nitrogen is contained in meat."

A FINE BACK VIEW PHOTO OF ROLAND SPENCER (LONDON).

Frequent Cause of Illness.

A famous physician, upon being asked recently what is the chief cause of ill-health, replied: "Thinking and talking about it all the time.

"This ceaseless introspection in which so many of the rising generation of nervous folk indulge is certainly wearing them out. When they are not worrying as to whether they sleep too much or too little, they are fidgeting over the amount of food they take or the quantity of exercise necessary for health. In short, they never give themselves a moment's peace.

"Our grandfathers did not concern themselves with these questions. They ate, drank, slept as nature prompted them. Undoubtedly they were healthier in mind and body for their sublime indifference; and if we asked ourselves fewer questions we should have less time to analyse or imagine ailments."

That medical science has made remarkable progress in the last few decades cannot be denied. The fault for some present-day undesirable conditions lies not with the doctor, but with the patient. There has been too great a tendency on the part of the laity to acquire a smattering of medical knowledge through the reading of so-called "health" magazines and pamphlets, and to put into practice, on their own account, that "little knowledge," which, it cannot be denied, is a "dangerous thing."

The consequences of some most ridiculous fads along the lines of eating, drinking, sleeping and exercise, have assisted in swelling the mortality statistics. Our grandfathers would hold up their hands in horror at many of the foolish things we do in the name of "health." A little more of the comfortable nonchalance of our healthy ancestors would do no harm to the rising generation.

Fainting.

Fainting is a condition which is very frightful to the beholder, though not often fatal. It is due to a sudden failure of the heart's action, and a consequent lack of blood in the brain. Knowing this, it will be readily understood that the first thing to be done is to place the person on his back with the head lower than the rest of the body. This will help the blood to flow to the brain, and so hasten the return of consciousness. To restore perfect circulation the clothing should be loosened about the waist and throat. Even the unfastening of tight wrist bands and unlacing the shoes will be helpful. A quick, short application of heat over the heart may help, or dashing cold water over the face and chest, or slapping the chest over the heart may be useful. A little ammonia may be sprinkled on a handkerchief and held to the nose. If the case is prolonged, alternate hot and cold applications should be made to the spine. The principal treatment, however, is the horizontal position until recovery is established. The upright attitude is dangerous, therefore no attempts should be made to lift the patient into a sitting posture. Give Nature a chance, and she will re-establish the circulation and then the fainting fit will be over.

Booming the Boomerang.

The Anthropological Institute is engaged in an attempt to popularise the boomerang, and an exhibition of the throwing of this Australian weapon took place one afternoon recently on Wormwood Scrubbs Common.

The difficulty was that none of the spectators could gauge the alighting place of the boomerangs, and terrified members of the institute were pursued all over the common by twirling, semi-circular pieces of hard wood. It was good exercise on such a cold day, but the enthusiasm of the greatest scientist is sensibly diminished when a boomerang suddenly darts between his legs and knocks him down.

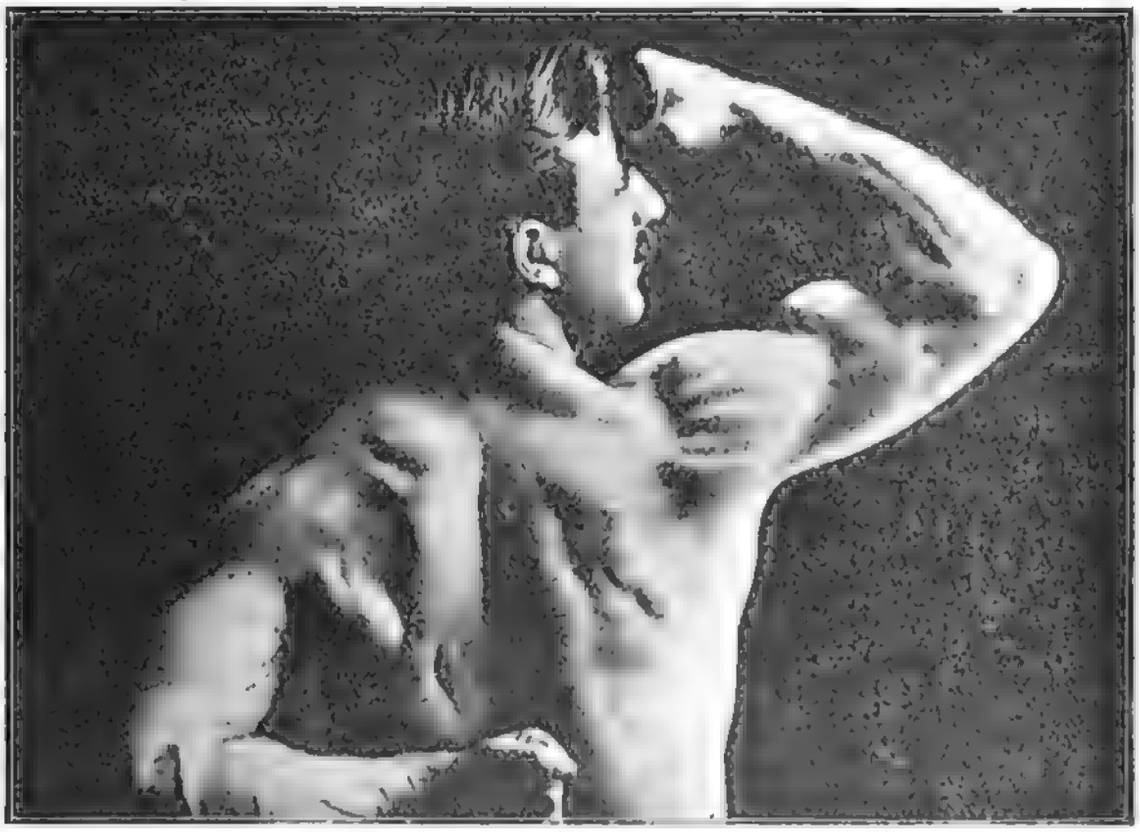
The thrower-in-chief was Mr. F. W. S. Knowles, of Oxford University, who has devoted three years to studying the erratic flights of the boomerang, and hopes in another three years of constant practice to equal in skill the Australian aborigines.

The majority of the boomerangs used were lent by the authorities of the British Museum, and Mr. Knowles made them do some extraordinary things.

They sprang from his hand with a hiss of fury, leapt high into the air, and then described gracefully circle after circle, until they sank, after an absence of half a minute, at the thrower's feet. Often the boomerangs shot away 100 yards before beginning the return journey.

The secretary of the Anthropological Institute informed an *Express* representative that boomerang throwing was a splendid exercise, which might well be taken up by Englishmen. "It brings into play nearly all the muscles of the arms, legs, and body," he said.

"In addition to Mr. Knowles, there are only three expert throwers in England—Mr. G. T. Walker who, when at Cambridge University, wrote a dissertation on the mathematical problems of the weapon, Mr. A. C. Inglis, and Mr. G. L. Hillier."—*Express*.



M. W. L. MURRAY (WINNER OF THE SANDOW GOLD STATUETTE).

HOW TO KEEP WARM.

Many persons who suffer from cold extremities accept the discomfort as a condition which is natural, and therefore beyond their control. The remedy really lies with themselves and does not consist in hugging the fire or staying indoors, or in any other artificial protection.

The reason one feels cold first in the extremities is not alone because they are the remotest points reached by the blood in its circulation, but also because they contain a network of the minute blood vessels known as capillaries, in which the blood current tends to stagnate. When this happens the nerves, unwarmed by fresh blood, ache in consequence.

The small boy who leaves a warm house on a cold winter morning usually starts on the run, or romps about for a while in the snow. This activity gives such an impetus to his circulation that the boy is soon in a glow.

Breathing completes the circulation. The heart pumps the blood out through the arteries, which become smaller and smaller until they are microscopic. This may be in the wall of the heart itself or in the great toe, but wherever it is the blood current there almost becomes stagnant. It is as if a river had debouched into a broad lake. On the other side of the lake are the venous capillaries with which the arterial capillaries connect, and which carry the blood back to the heart. The question whether the blood shall stagnate here or be frequently renewed is, then, a matter of providing for its speedy entrance into the venous capillaries and its subsequent movement through the larger veins to the heart. This in turn is a matter of breathing, because breathing, by its suction-like action —the so-called aspiration of the thorax— accelerates the speed of the blood on its return to the heart. A deep breath thus makes its influence felt at those distant points where blood is halting and nerves are tingling.

The rule for keeping warm is, therefore, first to clear the nose and then to breathe well, both deeply and rapidly.

IMPORTANCE OF NATIONAL & INDIVIDUAL PHYSICAL DEVELOPMENT.

As soon as the Romans grew indolent, leaving their physical sports to professionals, their ultimate decline and downfall were sealed.

By H. M. STARKLOFF, M.D.

EVERY thinking person is bound to admit that physical development has not kept pace with mental progress. Too much attention has been devoted to the mind, and too little to its temple, the body. Exercise depends largely upon occupation—in other words, those whose occupations favour exercise are fortunate, those with sedentary occupations receive little or no exercise. This neglect of the body begins at an early age. The mother considers the immediate wants of the infant. Fashion, dress, food, receive her careful consideration, and the child grows up unfitted to resist heat or cold, and often with tastes and cravings which lay the foundation for future ill-health. Instead of training the little ones in walking and running, they are trundled about in carriages, and carefully protected from all physical exertion. In school this process is usually continued. Great demand is made upon the mental powers of the child, while the body is left to shift for itself, and very little time is devoted to proper exercise and gymnastic work. The crowding of school children in unventilated rooms, and compelling them to sit still for hours at a time, cannot but have its influence.

Parents and educators are equally responsible for the precociousness of many children, and the mental drill begins long before the child is prepared for such work. It is a well-known fact that the physically strong child will soon outstrip the "precocious" one in his studies, even though he may enter school some two or three years later than the latter. In the higher institutions of learning, the hours of study are so long that but little remains for systematic exercise.

Systematic and scientific physical culture elevates the body to its proper tone, invigorates the lungs, hardens the muscles, sends the blood coursing through the blood vessels, and sustains the fire of youth. Systematic training physically is the only means of maintaining a perfect equipoise between mind and body, an equipoise which was so beautifully illustrated in the lives of the ancient Greeks.

Weak action of the heart, irritability of the nervous system, impaired digestion, rheumatism, consumption, dizziness, spinal curvatures, and a host of other afflictions, are the result of sedentary habits, with insufficient exercise and weak muscular development.

While it is true that the average duration of human life is higher at the present age than formerly, it is by no means attributable to our mode of living, but is simply due to the progress in medicine and surgery which enables us to save many lives which formerly would have perished.

In our times, many a feeble life is maintained from year to year merely to bequeath, in many instances, this impaired constitution to children and grandchildren, and thus the gradual deterioration of the human race goes on.

To counteract these evils, every physician should exert his influence to the utmost for the introduction of regular gymnastics among all classes of people; they should join forces with enlightened teachers in labouring for the establishment of gymnasiums. It should be remembered that all physical training, be it gymnastics, horseback riding, swimming, rowing, or fencing, is also a training of the central nervous system of the

Note.—From "The Medical Brief," September, 1905. Dr. Starkloff was formerly Professor of Orthopedic Surgery in the Marion-Sims-Beaumont Medical College, St. Louis, Mo.

brain and the spinal cord. Even the power of memory is augmented by systematic physical exercise. Together with physical culture, massage should also be practised, in order to keep the body strong and healthy. History teaches us that since the time of Homer and Hippocrates, massage was advocated by the foremost men of Greece—philosophers, poets, and historians. Among the Grecian women, massage was resorted to for the purpose of increasing the beauty of the skin and figure.

But beyond the healing of various affections, massage is also a great preventative of disease, as most diseases spring from disturbances of circulation and functional disorders, which can readily be forestalled by systematic hygienic massage. In orthopedic practice, massage is simply indispensable. Physical exercise, therefore, combined with massage, are powerful factors in the destruction and prevention of serious diseases, which are the natural produce of our strenuous mode of life.

While the ancient Greeks and Romans should stand as our models, they should also be to us a warning example. In Greece, as well as in Rome, gymnastic sports formed the basis of mental and physical, personal and general welfare, and the glorious success they attained gave proof of the soundness and correctness of their views. However, as soon as the Romans grew indolent, leaving their physical sports to professionals, their ultimate decline and downfall were sealed.

Moisture and Ventilation a Necessity.

Humidity, not heat, causes most of the discomfort during the summer and the lack of the proper amount of it causes considerable of the illness and discomfort of winter. Humidity is one of the most important elements affecting health, yet it receives little or no attention. We are regulated, to a large extent, both in winter and summer, by the thermometer.

Any degree of humidity between 40 to 80 is healthful; anything below the former degree is too dry; anything above the latter is too moist. Of course, one cannot regulate the amount of humidity out of doors either in summer or winter, but indoors in winter, certainly, it can and should be regulated. In summer the moisture is never above a healthy degree for any length of time; therefore, one need not worry regarding it; but during the winter months, when steam heaters and furnaces are in full blast, the humidity often goes below 40 degrees, and as a result one or more members of the family suffer with a cold or sore throat. The best means of ventilating a room is by opening the window and the door and thus creating a draught. Living rooms should have the windows open as long as the weather permits, and in inclement or very cold weather they should be opened frequently for ten or fifteen minutes at a time. Sleeping rooms should have the windows open a little from the top all the time, and especially during the night. In the morning the windows of bedrooms should be thrown open and allowed to remain so for an hour or two before the room is put in order. There is nothing so detrimental to the health, the complexion, and the enjoyment of life as poor ventilation.

PHYSICAL BEAUTY.—Do you desire it? You'll not find it in a drug store. 'Tis said "Beauty is only skin deep." To all appearances this may be true, but it will not stand investigation. A cosmetic complexion is not even skin deep but wholly on the surface. A clear, genuine complexion depends upon every organ of the body, and the health of every organ depends upon exercise, with its regular accompaniments—fresh air, nutritious food, pure water. Obtain a complexion that you can retain. Then the body. You can make it just as symmetrical as you desire. This may be done by systematic daily exercise for the development of all undeveloped parts.

Patriotic feelings have reached such a pitch in New Zealand over the doings of the "All Blacks," that debates in the House of Representatives have been temporarily suspended while the Premier reads the result, with details, of each contest, which are all cabled at the public expense. One of the leading New Zealand papers contemptuously suggests that the national game of England should be either ping-pong or marbles.

Duffey Punished.

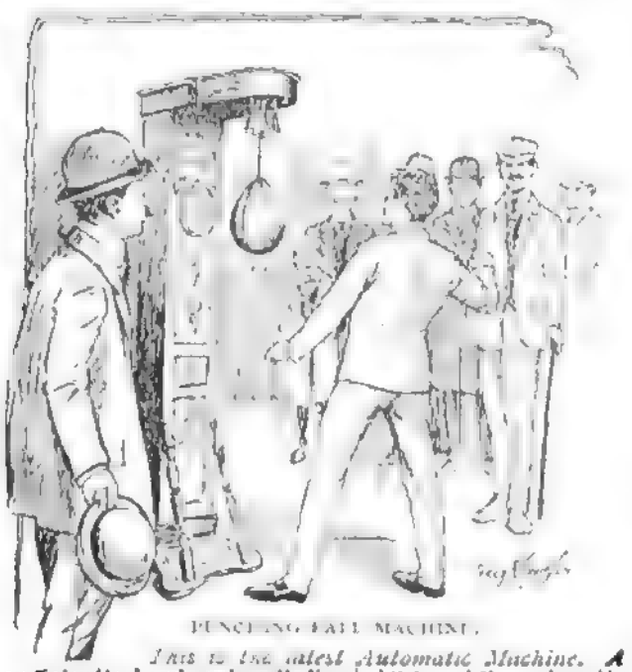
HIS NAME AND RECORDS ELIMINATED FROM THE "OFFICIAL ATHLETIC ALMANAC."

The 1906 edition of Spalding's Official Athletic Almanac, the recognised official publication in America, has just been issued, and is edited by James E. Sullivan, Secretary-Treasurer of the Amateur Athletic Union of the United States. By a decision of the Record Committee of the A.A.U., the name of Arthur F. Duffey has been taken from the list of American, English, and Inter-collegiate champions, and from the record tables, as though Duffey had never competed. These changes are important, as they wipe out from the record book the following performances of Duffey:—

50 yds, 5 2-5ths, made at Washington, D.C., Feb. 21, 1901.
60 yds, 6 2-5ths, made at N.Y. City, Nov. 30, 1899, and June 7, 1902.
100 yds, 9 3-5ths, made at N.Y. City, May 31, 1902.

In place of Duffey's name in the list of college champions we find the names of M. T. Lightner, Harvard, in 1901; J. S. Westney, Pennsylvania, in 1902; and F. R. Moulton, Yale, in 1903. In the British championships, the names of those who finished second are first, as follows:—1900, F. W. Jarvis, Princeton University, U.S.A.; 1901, R. W. Wadsley, London University A.C.; 1902, R. W. Wadsley; 1903, F. Rivers.

All of Duffey's American records have been expunged, and Secretary Sullivan is convinced that inside of a year the other governing bodies will take similar action. Mr. Sullivan left New York recently on the Bremen, for a short trip abroad, and while in London will confer with the officials of the Amateur Athletic Association of England, and endeavour to have them take similar action, officially.



PUNCHING BALL MACHINE.

This is the latest Automatic Machine. A sufficiently hard and well-directed "punch" confers the favour of another "punch" free. The machine is a great attraction.

HE: "*Equality of the sexes? Why, the thing is absurd! How are you going to get over the difference in physique?*"

The Antiseptic Babe.

We can sterilise his bottles, we can boil his little mug;
We can bake his flannel bandages and disinfect the rug
That envelops him when he partakes of medicated air.
But there's one impossibility that leaves us in despair—
And a not unjustifiable alarm, you will allow—
To wit: we fear 'twould never do to sterilize the cow!

We are careful of his hours, we are thoughtful of his toys;
We are mindful of his sorrows, and judicious of his joys;
We are prayerfully considerate of needful discipline,
Of our little "Mother's Handbook" and the precepts writ therein;
And we strive to render sterile all designed for mouth or tum,
But one frightful danger menaces—we cannot boil his thumb!

"The weaker the body, the more it commands; the stronger it is, the more it obeys."—ROUSSEAU.

LATENT DISEASE COMMON.

It is a common practice for people to pay a visit of inspection to the dentist every few months, to have minute cavities in teeth subjected to proper treatment. They do not consult the dentist because their teeth ache or because they themselves observe the evidence of disease; but they consult him to prevent suffering and disease, and because they know the inevitable tendency to dental decay. These very people may suffer from a severe cough for weeks and months, while a serious cavity may form in the lung before they consult a physician.

The statistics from life insurance companies show that a high percentage of applicants for insurance are rejected. Many of these are rejected because of disease of which they have been entirely ignorant.

An intelligent business man of large affairs and responsibility consulted the writer, not because, as he stated himself, he was ill, but he wanted to know that the machine (referring to his body) was in perfect condition. Unfortunately, this man, while in apparent good health, was far from well. His body was flabby, his arteries were stiffened, and a microscopical examination of the urinary sediment revealed a number of granular casts. He sought counsel earlier than most people do, and yet his condition had doubtless existed for some time.

A short time ago a lady in middle life consulted the writer, stating that she was in perfect health with the exception of some slight rheumatic trouble in her left leg. She stated that the leg would swell and become very painful, and that she simply wanted some relief from pain. Careful questioning excluded the possibility of rheumatism, and vaginal and abdominal examination revealed a large ovarian cyst, which accounted for the pain and swelling in her limb.

A young high school boy consulted the writer for a slight headache, which seemed to be a result of influenza. A chemical examination of the urine showed a high percentage of albumen, and a centrifugal sediment, when placed under the microscope, demonstrated an innumerable number of blood corpuscles and many granular casts. This boy was apparently well, with the exception of a slight headache, and yet he was suffering from a serious kidney disease that may always require close observation.

The case-books of the general practitioner and specialist alike contain the histories of thousands of patients who go on for years, in a state of apparent health, and never consult a physician until pathological conditions have become so deep-seated as to be beyond a cure. The sudden collapse of men in the highest places in the business and professional world is a sad and frequent commentary on the necessity of keeping the organism under close observation.

Disease of the circulatory system, diseases of the blood and ductless glands, diseases of the nervous system and of the digestive system, may be recognised before they have any apparent effect upon the health. A test breakfast will demonstrate the presence of malignant disease of the stomach, long before any tumour can be felt.

A WOMAN DOCTOR'S OPINION.—If we do nothing to check the physical and mental degeneracy spreading among us with such alarming rapidity our doom as a nation is assured. The unfit form hot-beds wherein are bred perpetual crops of microbes which impoverish the health and destroy the lives of the fit. A morning spent in the out-patient department of a children's hospital shows appalling sights of cruel and purposeless suffering, blindness, idiocy, and every conceivable horror of disease and degeneracy before which medical science is absolutely powerless.

In view of such and of our overcrowded asylums for criminality, lunacy, imbecility, and every form of incapacity with which we shall presently find it impossible to cope, it cannot be doubted that the criminal and the unfit should be at all events deprived of the liberty that enables them to perpetuate vice, disease, and suffering.—ARABELLA KENEALY, L.R.C.P. (Dublin).

AMBIDEXTERITY.

THE art of using the left hand as dexterously as the right would, if learnt, be exceedingly profitable to everyone.

I hope to point out in this short article how it may be acquired, and the benefits to be derived from a knowledge of it.

In the first place I may say that it is not a gift, as many people think, but can be acquired by everyone who is not physically deformed, and who has a fair amount of patience. The author has seen, and knows persons who can write quite legibly with their left hands, and some (as is fairly well known) can draw one figure with their right hand, and a totally different one with their left, simultaneously. This can be done by almost everyone with practice.

I would recommend the learner to write every day a few words with his left hand, and he will be surprised at the proficiency he will gain in a few weeks. To vary the practice he may draw a rough sketch with his right hand, and then with his left.

I suppose many will ask: "What is the good of it when we are able to do it?" The uses are many and various.

I shall quote a few, and many readers will, I have no doubt, be able to add several more. A friend of mine was telling me, not many days ago, of a well-known expert cricketer, who was also a student. Not many days before his exam. (which happens only once a year) he was playing in a match, and, unfortunately, had several fingers badly crushed and sprained on his right hand. Now this man had practised writing, etc., with his left hand for some time, and had thus become ambidextrous. He went in for his exam. with his right hand bandaged up, did all writing, etc., with his left hand—and passed. This affords a good example of the use of ambidexterity to students, and also to those who are depending upon their right hand for their living, *e.g.*, clerks, accountants, etc.

In addition to persons in their walk of life, anyone will find it useful to be clever with his left hand when his right is injured. Most of us are aware of the awkward feeling which exists when the right hand is put out of use, in such operations as blowing the nose, washing, brushing clothing, boots, etc., etc. None of this awkwardness exists with the ambidexter, but, on the contrary, every movement is the essence of gracefulness. Having thus given a very small proportion of the uses of ambidexterity I venture to assert that I think the most dogmatic reader will agree with me that it is well worth acquiring.

The ingenious reader will, no doubt, be able to think of many movements that will help to make his poor, despised, underworked left hand a great deal more use to him than it is at present.

I will mention a few that I have found very useful.

Bring the right hand, first clenched, up in front of the chest, and commence describing circles with it *away* from the body. Now bring the left up in the same manner, and describe circles *towards* the body.

I think I shall not be wrong in saying that 90 per cent. of those who first try it will fail to make a dozen revolutions in opposite directions with either hand; but, with a few minutes' practice every day, it will become very easy. When it has been mastered in the manner described it may be done *vice versa, i.e., towards* the body with the right hand, and *away* from it with the left.

Another exercise which will help to make the left hand more useful is (when sitting) to rub the right thigh with the corresponding hand from the knee to the abdomen, and, while so doing, tap the centre of the left thigh with the other hand. With this exercise also, I think, many will be baffled; but, as is the case with most things, "Practice makes perfect." This should be done conversely —rub with left and *tap* with right hand.

There are many ways of increasing the ability of the left hand that cannot be termed, strictly speaking, exercises. Amongst these may be cited blowing the nose sometimes with the left, instead of the right, hand. The movements will, no doubt, be clumsy at first, but gracefulness will come in time.

Again, the left hand should sometimes be used for brushing clothes and boots, also for washing, etc. I should also like to mention that whenever and wherever possible the left leg should be used instead of the right, as, for example, in kicking. Amateur footballers should take special note of this. With most people the right leg is far more able than the left, and very often larger.

The same may be said of the arms. I should think, without exaggeration, that if the arms of 100 persons were measured 90 of them would have larger right arms than left. Why is this? Simply because they have neglected their left arms since they were infants. Why should they neglect them? There is no sensible reason whatever for this. The left arm is supplied with precisely the same number of muscles as the right. The only feasible reason is that their mothers taught them to hold knife in right hand and fork in left, and also to hold cup in right hand when drinking, etc., because a person is supposed to look awkward and clumsy if he uses his left hand for his right.

Can a body be called symmetrical that has one arm larger than another? Certainly not; and yet there are large numbers even of athletes and gymnasts who have this—what might also be called —deformity.

How is it that the majority of professional "strong men" can perform feats with their right hand which they cannot possibly do with their left? The cause of this is the same, the poor left arm is shamefully neglected. We are constantly reading of men who can lift a certain weight with their right hand, but only a much lighter one with their left.

Several prominent men have tried to introduce this art of using the left hand into our schools, and I am sure if it were to form part of the curriculum it would be a great boon to many.

In conclusion, I hope that every reader of these words will do his very best to acquire this little known art of ambidexterity, and also to make that most wonderful piece of mechanism—the human body—as it was meant to be—symmetrical.

Why he Charged.

Moses Sanders has the reputation of being the chief comedian in the ranks of Association players, and that is saying a great deal.

In a match against Derby County, Sanders, who was specially looking after Bloomer, had the worst of one or two duels in dexterity, and at last Bloomer, who was trying the patience of the half-back by over-much dribbling, was rather heavily charged down.

"Moses, Moses," said Captain Simpson, who was referee, "that was a heavy charge."

"Well, sir," answered Sanders, "if a man dribbles round me, and then tries to dribble back, I'd charge him over if he were my own grandmother."

PRETORIA GYMNASTIC SOCIETIES.—A meeting of delegates of these bodies was held a few weeks ago. At a previous meeting it was decided to write to the Transvaal Union (headquarters, at Johannesburg), asking permission to form a sub-union at Pretoria affiliated to the Transvaal Union and governed by them. The Transvaal Union desired further particulars, and it was decided to supply them with a view to the formation of a Pretoria centre. English readers will be agreeably surprised to learn that Physical Culture is so much to the fore in the Transvaal. Success to 'em!

THE PROMOTER.—"What can I do for you?" the physician asked the good woman who had entered his consulting-room. "I think I should have a commission," she returned, respectfully, but firmly. "Every child in our street caught the measles from my baby."

We can be thankful to a friend for a few acres or a little money; and yet for the freedom and command of the whole earth, and for the great benefits of our being, our life, health, and reason, we look upon ourselves as under no obligation.—SENECA.

"THE arms and shoulders are the medium through which the chest receives all its exercise."—MACLAREN.

PROPOSED EXPERIMENT IN SCHOLASTIC PHYSICAL CULTURE.

MR. FELS TO THE FORE.

THE Education Committee of the London County Council, or one of its numerous sub-committees, is at present considering whether to accept, or not, the offer of Mr. Joseph Fels (the Farm Colony pioneer) of £5,000 for the establishment, in Deptford, of a scheme of physcial education on lines put forward by Miss M. McMillan.

That lady, who is a manager of a "group" of schools in Deptford, and was a member of the Bradford School Board, resides at Bromley, where a representative of *The Kentish Mercury* had the opportunity one day recently of hearing from her the details of the scheme. Her argument is that hitherto physical education has meant, in so far as schools are concerned, mainly a system of drill, free exercises, or exercises with clubs or poles. While admitting the great value of certain systems of drill or physical exercises, she points out the fact that they alone do not effect radical changes in the personal habits and condition of the performer. Health depends on the nature and order of changes taking place in the body. It is conditioned by nutrition; by sleep (which is a kind of inner washing); and by bathing and removal of waste material. The scavenger work is the last to be seriously attempted in elementary education, and it is not as a rule pleasant work. But when it is fairly done every school subject can be approached with a new aim and a new spirit. The possibilities of the healthy, growing, human body are obscured by defects, by inertia, by impurity. But when the scavenger work is well done, a new vista is opened at once. Compare the false effects produced in singing by a class of children suffering from nasal and throat disorder and with defective breathing capacity, with the responsiveness of a class of children physically in good condition, and it will be seen that the latter are fit for the best kind of training, while for the former, on the contrary, the best training is just that which cannot be attempted.

In order to give physical education there should be, in every school, one or more class-rooms adapted for training and teaching in personal hygiene, and there must also be in every school a teacher, specially trained and qualified for this work. Hitherto, Miss McMillan points out, the bath has hardly been regarded as a class-room, and rather as a place of amusement, or perhaps also a place where one can learn to swim and save life. It, however, offers a theatre for genuine physical training and education. It should be large, well ventilated, and sunny, and there should be provision so that each child, however clean, may bathe before entering the swimming-bath. Shower-baths are the best, as they make continuous washing in clean water possible—slipper baths have been found necessary in some very poor areas, and two or three should be allowed in districts where neglected children are admitted. A gymnastic and lecture hall should open off the baths. In this room such furnishing should be allowed as will admit of the scientific "measuring and weighing" of children. The centre should, of course, be open in winter as well as in summer—not closed, as are public baths to-day, in cold weather. The teacher of hygiene should train all the children to keep the teeth, the nails, the hair and the scalp in order, and be responsible for the reporting of cases of adenoids, nasal obstruction, deafness arising from these or other causes. The training of the voice of girls going in for the teaching profession is, Miss McMillan also holds, very important, but is not seriously taken to-day. The teacher of the centre should at least see that the preliminary work of preparing the pupil for good vocal training is thoroughly carried out in the last school year. The teacher at this centre should be qualified to advise as to the drill and other exercises, and their effect on various children. Having exceptional opportunities to observe abnormalities of growth, signs of nervous strain and fatigue, she should report on the condition of each child to

the visiting school doctor. Training should begin as early as possible, at four and five, theoretic teaching should be deferred until 10 or 11. The elder girls should act as monitors, and assist in dressing and undressing the younger children. In the centre they may learn, in a practical way, the act of caring for the physique of young children.

Finally, the teacher of this centre must be able to teach swimming—unique as an exercise: dirt and disorder are the arch enemies of growing life. Children are threatened by both in a peculiar way; first, because they are growing fast; secondly, because they are growing in various ways. The swimming bath-room (rightly furnished and presided over) will make war with the first enemy, and the mistress of it will have new opportunities to study the whole question of orderly development. Miss McMillan spoke enthusiastically of the success of the movement in Bradford, where she was a member of the School Board. There the system has not only done good, but has resulted in the doing away, to a certain extent, with corporal punishment, as the hint that naughty children will not be allowed to have their shower-bath is generally found to be sufficient. Practically, for the purposes of the experiment in question, Miss McMillan's proposals are that a certain number of schools should be grouped together, that a central bath should be provided with shower-baths at each school, and that a "teacher," if she may be so-called, should be appointed, qualified to teach the children swimming—not "fancy," but useful swimming—and to detect signs of anything physically wrong. Miss McMillan attaches great importance to looking after the children's throats and teaching and enabling them to breathe properly, which is, of course, necessary in order that the brain should work at its best. The idea seems a good one, and it is to be hoped that the County Council will see their way to accept the offer of Mr. Fels. The scheme would, if on the Bradford lines, be permissive, so that parents would not be able to "make a grievance" of the fact that the children had to breathe.—*Kentish Mercury.*

THE EDITOR INSTRUCTING A CLASS OF POLICE "DOWN UNDER" DURING HIS LAST WORLD'S TOUR.

JUST WHAT Dr. OSLER DID REMARK—TOO OLD AT FORTY: MAN'S AGE OF USEFULNESS.

The address which has aroused so much critical comment, said that men above forty are inactive, and that youth led in medicine. After sixty comes the age of mistakes.—When women are old.

DR. WILLIAM OSLER'S references to the "dead line of forty" in his address at Johns Hopkins University have aroused much critical comment. The address was his valedictory on leaving the Baltimore University to take charge of the medical school of Oxford University. He went to Johns Hopkins at the age of forty and is now fifty-six. The text of the portion of his address, on the topic of the world's work being done by young men and cutting short of the careers of the old after sixty years, is given herewith, as so many readers have asked us to give Dr. Osler's speech, as he delivered it:

I am going to be bold and touch upon another question of some delicacy, but of infinite importance in university life, one that has not been settled in this country; I refer to a fixed period for the teacher, either of time of service or of age. Except in some proprietary schools, I do not know of any institutions in which there is a time limit of, say, twenty years' service, as in some of the London hospitals, or in which a man is engaged for a term of years. Usually the appointment is *aut vitam aut culpam*, as the old phrase reads. It is a serious matter in our young universities to have all of the professors growing old at the same time. In some places only an epidemic, a time limit or an age limit can save the situation.

MEN ABOVE FORTY INACTIVE.

I have two fixed ideas, well known to my friends, harmless obsessions, with which I sometimes bore them, but which have a direct bearing on this important problem. The first is the comparative usefulness of men above forty years of age. This may seem shocking, and yet, read aright, the world's history bears out the statement. Take the sum of human achievement in action, in science, in art, in literature—subtract the work of the men above forty, and while we should miss great treasures, even priceless treasures, we would practically be where we are to-day. It is difficult to name a great and far-reaching conquest of the mind which has not been given to the world by a man on whose back the sun was still shining. The effective, moving, vitalising work of the world is done between the ages of twenty-five and forty—these fifteen years of plenty, the anabolic or constructive period, in which there is always a balance in the mental bank, and the credit is still good.

YOUTH LEADS IN MEDICINE.

In the science and art of medicine there has not been an advance of the first rank which has not been initiated by young or comparatively young men. Vesalius, Harvey, Hunter, Bichat, Laennec, Virchow, Lister, Koch—the green years were yet upon their heads when their epoch-making studies were made. To modify an old saying, a man is sane morally at thirty, rich mentally at forty, wise spiritually at fifty—or never. The young men should be encouraged and afforded every possible chance to show what is in them. If there is one thing more than another upon which the professors of this university are to be congratulated, it is the sympathy and fellowship with their junior associates, upon whom really in many departments, in mine certainly, has fallen the brunt of the work. And herein lies the chief value of the teacher who has passed his climacteric and is no longer a productive factor; he can play the man midwife, as Socrates did to Thesetetus, and determine whether the thoughts which the young men are bringing to the light are false idols or true and noble births.

My second fixed idea is the uselessness of men above sixty years old, and the

incalculable benefit it would be in commercial, political, and in professional life if, as a matter of course, men stopped work at this age. Donne tells us in his "Biathanatos" that, by the laws of certain wise states, sexagenari were precipitated from a bridge, and in Rome men of that age were not admitted to the suffrage and they were called deponati, because the way to the senate was per pontem, and they, from age, were not permitted to come hither. In that charming novel, "The Fixed Period," Anthony Trollope discusses the practical advantages in modern life of a return to this ancient usage, and the plot hinges upon the admirable scheme of a college, into which at sixty, men retired for a year of contemplation before a peaceful departure by chloroform. That incalculable benefits might follow such a scheme is apparent to anyone who, like myself, is nearing the limit, and who has made a careful study of the calamities which may befall men during the seventh and eighth decades.

AGE OF MISTAKES.

Still more when he contemplates the many evils which they perpetuate unconsciously and with impunity. As it can be maintained that all the great advances have come from men under forty, so the history of the world shows that a large proportion of the evils may be traced to the sexagenarians—nearly all the great mistakes politically and socially, all of the worst poems, most of the bad pictures, a majority of the bad novels, not a few of the bad sermons and speeches. It is not to be denied that occasionally there is a sexagenarian whose mind, as Cicero remarks, stands out of reach of the body's decay. Such a one has learned the secret of Hermippus, that ancient Roman, who, feeling that the silver cord was loosening, cut himself clear from all companions of his own age, and betook himself to the company of young men, mingling with their games and studies, and so lived to the age of 153, *puerorum halitu refocillatus et educatus*. And there is truth in the story, since it is only those who live with the young who maintain a fresh outlook on the new problems of the world.

WHEN WOMEN ARE OLD.

The teacher's life should have three periods—study until twenty-five, investigation until forty, profession until sixty, at which age I would have him retired on a double allowance. Whether Anthony Trollope's suggestion of a college and chloroform should be carried out or not, I have become a little dubious, as my own time is getting so short. (I might say for the benefit of the public that with a woman I would advise an entirely different plan, since after sixty her influence on her sex may be most helpful, particularly if aided by those charming accessories, a cap and a fichu.)

Silence, when nothing need be said, is the eloquence of discretion.—BOVEE.

By patience and perseverance the mulberry leaf becomes silk. CHINESE PROVERB.

He who is firm in will moulds the world to himself.—GOETHE.

JAPANESE DIVING BELLES. In his interesting book of travel, "The Heart of Japan," Mr. Clarence Ludlow Brownell gives sketches of the different types of Japanese life. One of the most curious references deals with an out-of-the-way corner of Japan, where woman rules the houses and is also a diving belle. A priest tells the story of this odd community: "'Yes,' my friend went on, as he rubbed his hand over his shaven poll, 'it was fortunate for me, because a man doesn't have a good time down there. He has to stay in the house to do the cooking and to keep things clean. That is because he can't swim. At least, he can't swim as well as a woman. Why, my mother can swim two days in the busy season, and not be used up, but my father would be tired out if he stayed in the water six hours.' 'That's the way the women earn a living,' added the priest. 'If none of the people could swim they would have to go somewhere else, for there is no other work to do there. This shellfish that you like so well comes from there. They are difficult to get. The women go down 25 ft. to 50 ft. after them. While the woman is diving for shellfish, the man is at home caring for the house. That's the custom in every household. Once I remember a man got drunk, and did not have the dinner ready when his wife came up. She told her friends, and they pulled him into the sea. Then they sat on him, and pushed him down until he was almost drowned. He was crying "Go men nasai" all the time. He wept, and the women laughed—all except his wife. She struck his head with her hand, and called him 'dara,' which means 'lacking' or stupid. When they brought him to the beach again the intoxication was all gone, and he was humble. People in Japan generally do not know about this place,' continued my friend, 'a foreigner never saw it.'"

—THE WHITE PLAGUE.—

The Principal Foe of the Human Race.

"White Plague," as consumption is popularly termed, has so long been considered the principal foe of the human race that few people are aware that its supremacy as a death-dealing disease is threatened by pneumonia, which is as rapid in its work of destruction as consumption is tardy. While other infectious diseases have had their mortality reduced from 10 to 15 per cent., the mortality from pneumonia has reached the appalling total of 36 per cent., or one-eighth of all: that is, one-third more than from tuberculosis, and 46 per cent. more than from all other contagious and infectious diseases combined. In our entire country during the past forty years the deaths from tuberculosis have been decreased 20 per cent., while those from pneumonia show an increase of 7 per cent. Is it not time that some concerted action was taken to counteract this position of affairs? Is it not time that a vigorous campaign of education was instituted to check the progress of this disease, which is more contagious than tuberculosis, and more preventable? The rapidity of modern life is the great predisposing cause, by lowering the vitality and thus rendering the individual more susceptible to the lodgment and propagation of the germ. In the presence of this increasing scourge, the doctrine of prevention should be preached far and wide, such as the better ventilation of homes, public buildings, street cars, etc. The individual should be perpetually admonished of the necessity of keeping the air passages of the head free from accumulations of mucous, and the vital importance of breathing through the nose, for it is claimed that 90 per cent. of sufferers from lung diseases are mouth breathers. Sufferers from coughs and colds should be taught to cough or sneeze into handkerchiefs, which should be frequently changed and boiled. Every so-called cold is a standing invitation to pneumonia, and should be promptly dealt with. Houses should not be kept as hot as they usually are, as the practice renders the inmates more susceptible to changes of temperature; but more important than all is the vital necessity for the practice of moderation in all things, especially in eating. A system loaded with unused, partially digested food offers an ideal condition for the reception and propagation of the germs of this dread disease. The only hope for its suppression lies in the education of the people along the above lines, and it is the bounden duty of the governing power to see that the requisite information is furnished to the people.

LIONEL STRONGFORT ("Max Unger"),
Now appearing at Olympia, London, in sensational feats of strength, including a one-handed lift above his head of 312 lbs., and a feat in which he shows a 1,500 lb. motor car and 4 passengers to run over a platform he supports.

To-day Better than the Past.

ARE we justified in saying that the past was better than the present? The good old past! There are persons who are fond of sighing for the past times and comparing nowadays with the past era of goodness and simplicity.

But in that good old past they burned women and children as witches, and beat them for slight offences, they hung culprits by their thumbs and put crazy people in narrow iron cages, they smothered between feather beds the unfortunate who had been bitten by a mad dog, they shut the windows and piled on blankets to bring on a sweat. When one had fever they refused the prayers of the sufferer for a drink of cold water, dosed with drugs, bled and blistered him into eternity.

There were no free public schools in the good old past, no homes for the old and disabled, no refuge for the erring, no reformatory for the wayward youth, no orphan establishments, few and badly arranged hospitals, no free libraries, no cheap books, pictures and newspapers.

If the world is growing worse every day, as some declare, how is it that charity is every day stretching her arms wider to rescue, preserve and cherish asylums for the fallen, homes to cure the drunkard, hospitals with tender nurses to assist and shelter the sick and disabled? No more foul, airless cells for the criminals. Now our asylums and hospitals are clean, ventilated and warm. The unfortunate are wisely cared for, skilfully treated, amused and instructed, and often cured and restored to usefulness. Everything is now done to save human life and elevate and improve it. Where evil is more rampant good comes to fight against it, not armed with violence, as of old, but with love and wisdom, science and patience and faith, men study the problem how best to help their kind.

Brains are racked and money freely spent to carry out the plans for instructing them. Parks, libraries, museums, club rooms and hospitals all free to the poor working people.

Formerly, so neglected and despised on the high seas and rocky coasts, where, in the good old past, there were murderous pirates and wreckers, there are now life-boats and life-saving stations, an army of men whose business it is to prevent ship-wreck, if possible, and rescue those who may be thrown on the mercy of the sea. Of the peril and labours of those gallant surfmen some idea may be had from statistics. There may be some bad grown in the world, but enough good has also grown to overwhelm any deficiencies.

SLIPPING THE SLIP.

The newest form of amusement at the Crystal Palace—the People's Winter and Summer Playground. The passengers slide down on mats as shown in illustration.

We cannot look, however imperfectly, upon a great man without gaining something by him.—CARLYLE.

It is wonderful how much the mind is enlivened by the motion and exercise of the body.—PLINY.

Sandow Magazine Readers' Club.

President - - EUGEN SANDOW.

Motto:—One may Help Many.

For the exchange of ideas, personal experiences and photos for the encouragement of Club Members. Every Reader is a Club Member.

Readers are expected to act up to the Club Motto, and for services rendered the President will award to the sender of every published idea, experience or photo. the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club.

Once a month the names of newly-admitted Fellows will be published under the head of "The Fellowship Roll."

Those already qualified as Fellows and who send further contributions will have attached to their names figures denoting the number of occasions on which they have assisted the Club, thus:—Alfred James (*5), Birmingham (meaning that this is Mr. James' fifth occasion of assisting the Club).

A Reader's Terrible Experience.

NABHA STATE,
PUNJAB, INDIA,
Nov. 5th, 1905.

DEAR SIR,—I have seen many horrors, and been in many a "tight corner," have found myself fixed upon the face of tremendous crags, from which there was no retreat, and with but a faint chance of advancing with success. I have found myself slipping down the face of a slippery rock, vainly trying to stop the sliding, till the timely, though firm, touch of a companion's hand has seemed to decide whether I should go a matter of a couple of hundred feet or so a deal quicker than anyone would care to.

But nothing, not even the plague, which has claimed many times more victims, can approach the horrors of the earthquake which in April last laid waste the once smiling and beautiful Kangra Valley. It was a fine night—the night of April 3rd—the cloudless sky was studded with countless stars, and it was an exceptionally bright and beautiful night; but

. . . . . *Who could guess*
If ever more should meet those mutual eyes
Since upon night so sweet such awful morn could rise?"

In perfect health and happiness was the "Good-night" said, without any apprehension of the future. Little did we know that we had many of us parted never to meet again. Some never to wake again, others to wake only to find themselves shut up in the sleep that knows no waking, whilst others, less fortunate than they, to languish till to them the welcome death would come as a relief. Some there were who went to bed in excellent health, only to find themselves crippled for life ere the morning. But fortunate it was that the convulsions of "mother Earth" did not begin a couple of hours earlier, or the death list would have been still more appalling, and but few would have escaped.

Horrible as are the convulsions of a human being, just imagine how awful are the throes of the earth when it is the death-knell of thousands. I had passed a restless night, and was out of bed by six o'clock. Shortly after this I observed a couple of slight shocks, and as an earthquake had never before been known to have done any damage in Northern India, no particular notice was taken. Immediately after this there was rumbling in the earth, followed by severe shocks, which seemed as if many express trains were at the moment passing through the house. From them great big cracks formed in the walls. Even now I could have saved myself if only a single door were to be passed, but all flight was completely cut off by many doors fast locked and bolted. So there was nothing left but to wait further developments. Following this there was another rumbling, accompanied with a shock which was ten times more severe, and before which the stoutest masonry was as chaff before the wind. I had just a glimpse of the bricks of the wall above me separating, when I threw myself upon my face. Instantly as I had done so, it was not a bit too soon, as a layer of solid stone bricks was spread beneath me. It was from this that the greater portions of the injuries were sustained. It was an awful moment that found me sandwiched between heavy masonry, forced to sustain the weight of four or five feet of stones, with a bed which was far from downy beneath me.

There was a little light. Thinking that I was not deeply buried, I brought all my strength to bear, but not a bit of an inch could the mass be moved. All that could be moved were the fingers of one hand, but what help could I get from that? To find myself in that plight was the most fearful experience I have ever had, and instant death would then have been ten times more welcome. Every breath that came seemed to be a curse, as it only prolonged my sufferings. The sharp corners of the bricks were digging slowly but surely into my sides, and the ribs felt as if they could not resist much longer; the power of resistance grew weaker and weaker every moment. As there was no moving of the chest the breath came in short and painful gasps, the mouth and nose were soon full of blood, of which I could not rid myself.

(JOHN ANDREW, TRINITY COLLEGE, KANDY, CEYLON.)

As no help came to me, I became a prey to the most terrible thoughts as the horrid reality of the situation dawned upon me. Before this I had no time to think, and the terrible events had benumbed all thinking, and for a time all feeling, but now I had ample time to think over my situation. There I might languish for days and days without the liberty of moving a fraction of an inch to which the sufferings of a death from thirst and starvation helped only to augment the torture. I imagined all must be in much the same condition as I was, if all were not dead.

Anyhow I was destined not to realise all that I pictured to myself, as help was nearer than I thought, and some of my servants had escaped burial, and had not lost their heads. After what seemed an age, I heard something moving above me. Now or never was the time! So bringing all my powers into it I succeeded in giving a faint scream, shouting being out of the question. It was all I could do. Oh, God! it was not heard, and the person, whoever he was, seemed to be moving away. At last, with a supreme effort, I got out another scream. Thank God, I was heard, and help was at hand. But how long would it take them to move the heavy bricks, as no tools were obtainable, and the men had to work with their hands?

Hope had given me new life, as my freedom was only a question of time. Three or four men were working for all they were worth, well knowing that my life depended upon their efforts. At last the *débris* was cleared, and I was saved. So tightly was I fixed that the men could not lift me till they had removed the bricks that held me at the sides. At last I was carried to an open place, my clothes all torn to pieces and saturated with blood. Even now, six months after the catastrophe, I find my ribs ache on pressure, and often in dreams is the scene enacted over again.

Thus were Dharmsala, Kangra, and many other towns swept from the face of the earth in less than a minute, leaving nothing but a name of past grandeur, and now only to be recalled with a shudder.

The couple of photos I send will give some idea of the power of the shocks. These I took a month after the event.

I may here add that I think my life is due as much to Sandow system as anything else, as it would have been out of the question for me to live if his system had not given me the strength which helped me to bear the great weight without being crushed, and thanks to him I am almost as strong as ever.

G. S. MANN.
(Sirdar Gurkerpai Singh.)

Many Others Often Down with Fever.

Elkaduwa, Ceylon, Nov. 27th, 1905.

DEAR MR. SANDOW,—You will scarcely remember me, I am afraid, but I called on you with my protégé, John Andrew, a native of South India, and the son of a small headman of Pudacottah.

He has gone in for your system of Physical Culture, and I have asked him to send you photos. of himself in different positions. Considering he is only 17 years old, he shows a fair development, but beyond this I am glad to say he has kept his health, though he is studying

very hard at Trinity College, Kandy, while many other lads are often down with fever, etc.

When I heard you were in India I wrote you a letter (which I am afraid you never received), asking whether you would care to visit a tea estate of which I have charge, but I expect your time was very fully occupied.

Would your exercises be any good for lumbago, from which I have been suffering for nearly a year? I hope I am not troubling you too much. With best wishes.—Believe me, yours sincerely,

S. J. M.

[The fine development of your protégé does both you and he great credit. For the lumbago my system is exceedingly beneficial. I would recommend you to take a course of my curative Physical Culture. I am sending you a copy of the explanatory booklet.—THE ED.]

Fine Development for Age.

Trinity College, Kandy, Ceylon.

DEAR MR. SANDOW,—Perhaps you will not remember me, but I called on you at Albemarle Street one day with Mr. Martin, and met you as you were just going out.

I have been going through your exercises, both on Developer and Grip Dumb-bells pretty steadily, and I send you photographs showing my development, which may interest my fellow readers.

I have had no personal instruction, and I have not gone in for weight-lifting, though I believe I could do fairly well with a little instruction. My age is just seventeen.

I am a Tamil, a native of South India, and as a race we are slight in build. My measurements are enclosed herewith.

In conclusion I may say I have had much benefit from these exercises, and keep in good health. Could you tell me by photographs where I am lacking? My legs are thin and small in proportion to the upper part of my body.

Believe me, with best wishes for continual success.—Yours sincerely,

JOHN ANDREW.

P.S.—I am studying here in Kandy.

Age ...	17 years.	Thigh	22 inches.
Weight	9 st. 10 lbs.	Knee	13½ "
Height ...	5 ft. 7½ inches.	Calf	12½ "
Neck	15 "	Ankle	8 "
Chest	37 "	Upper arm ...	13½ "
Chest (exp.) ...	41 "	Forearm	11 "
Waist	29 "	Wrist	6½ "
Hips	35 "		

[As my reader remarks, his legs are the weak points of his development.—THE ED.]

Companionship Wanted for Simple Life.

13 Anderson Street,
Partick, Glasgow.

DEAR SIR,—I feel sure that there must be many of your readers, who, like myself, are prevented from taking up Systematic Physical Culture only by the circumstances under which they find themselves living. I have been in a somewhat anæmic condition for some time past, and, in the evening, after a hard day's work (in an engineering shop), I find myself much too exhausted for exercise.

A life such as this, of course, by no means conforms with the glorious "life physical" of which you are the exponent, and is as stunting for one's mentality as it is for the body.

I am thus desirous of living for a time a more natural and open-air life, and if there is any reader of your magazine who, from motives similar to my own, would be prepared to accompany me, I should be glad if he would communicate with me at above address. Our mode of living would not be dissimilar to that depicted by Thoreau in *Walden*, and our dietary, both for reasons of economy and health, would consist of the simpler and more nourishing foods. I would be glad to place full details of the scheme before any intending companion.

Our life, of course, would be arranged to suit ourselves absolutely, and would be such as is conducive to the building up of a sound physique.

An initial capital of £10 each would suffice. A moderate amount of outdoor labour would be a pleasant recreation, as well as a means of adding to our resources, and I have not the slightest doubt but that in about a year's time, we would be vastly improved in every way. I shall certainly write and let you know how we get on if another of your readers and myself get embarked on this project.—Believe me, yours faithfully,

R. W. CUTHILL.

December 17th, 1905.

[NOTICE.—I shall be pleased to publish "Experiences" and photos along the lines of the life proposed by Mr. Cuthill.—THE ED.]

Advice to Beginners.

DEAR SIR.—I write you my experience of Physical Culture: I began in 1900, purchasing one of your Developers, which I still use.

I took up a course of your Postal Tuition, with such good results that I entered your World-Wide Competition, but was unsuccessful, though I had the satisfaction of seeing my photo. in August number, 1901, of the "Mag." This spurred me on to keep up my training. I entered your next big competition in "Answers," and was again unsuccessful as a prize-winner; but if I lost prizes I gained something better—development and strength.

Physical Culture at that time was not so well known as at present, there being only two magazines on the market, *Sandow's* and *Health and Strength*, which were the pioneers, and still hold premier place. If you mentioned Physical Culture to anyone then you were not heeded much, but now everyone talks of the benefits of exercise.

I will now state where and how I train, hoping to encourage working men physical culturists, who work from 6 a.m. to 6 p.m. My house of two rooms, three stairs up, is also my training quarters. I train every night at 9 p.m., from ten minutes to three-quarters of an hour, according to Inch's system of Physical Culture at present.

A beginner, if he wants to improve and gain information, must adopt some system, or he will get sick of it, seeing he is perhaps not getting a return of strength or development for the efforts he is making. So do not condemn Physical Culture until you have given one or the other of the many systems on the market a trial.

Light exercises all the week, and test your strength once a week, say Saturday, and you will feel better than after getting your pay.

I am not much on weight-lifting, doing about 140 double-handed, and 90 right and left, and two dumb-bells at once 120 lbs.

I believe more in training for health and even development.

Hoping this humble experience will benefit some of your Readers training in the same position as myself.—Believe me, yours for health and strength,

PETER JOYCE.

[Well done, Mr. Joyce! Your efforts are all the more praiseworthy in view of your want of the training facilities that some people have.—THE ED.]

Development Satisfactory to Him.

Lancaster.

DEAR SIR,—I send you my "Experience," which you are at liberty to publish if you consider it to be sufficiently interesting to your many readers.

As is usually the case, I will not attempt to start my experience with saying I was a weak, puny and unhealthy lad, or subject to some organic disease, as I had just ordinary health, and my strength and my development were moderate. It was my first ambition to become strong some three years ago, when I obtained Sandow's book on strength, and in conjunction with a friend started the exercises as set down in the book, using 3½lb. dumb-bells. A month or so afterwards we purchased a Sandow's Developer, and after three months' assiduous exercise and there being no increase to speak of, we decided to abandon the Developer, and have recourse again to the dumb-bells. The latter we stuck to, and in twelve months a vast difference was noticeable in our respective developments. The parts which were originally flat and flabby now showed numerous little bunches of muscle. My present development, which is shown in the photos, though not abnormal, is satisfactory to me. As measurements are not indicative of a man's health and strength, I forbear stating same.

THOS. HAYTON AND FRIEND (LANCASTER)

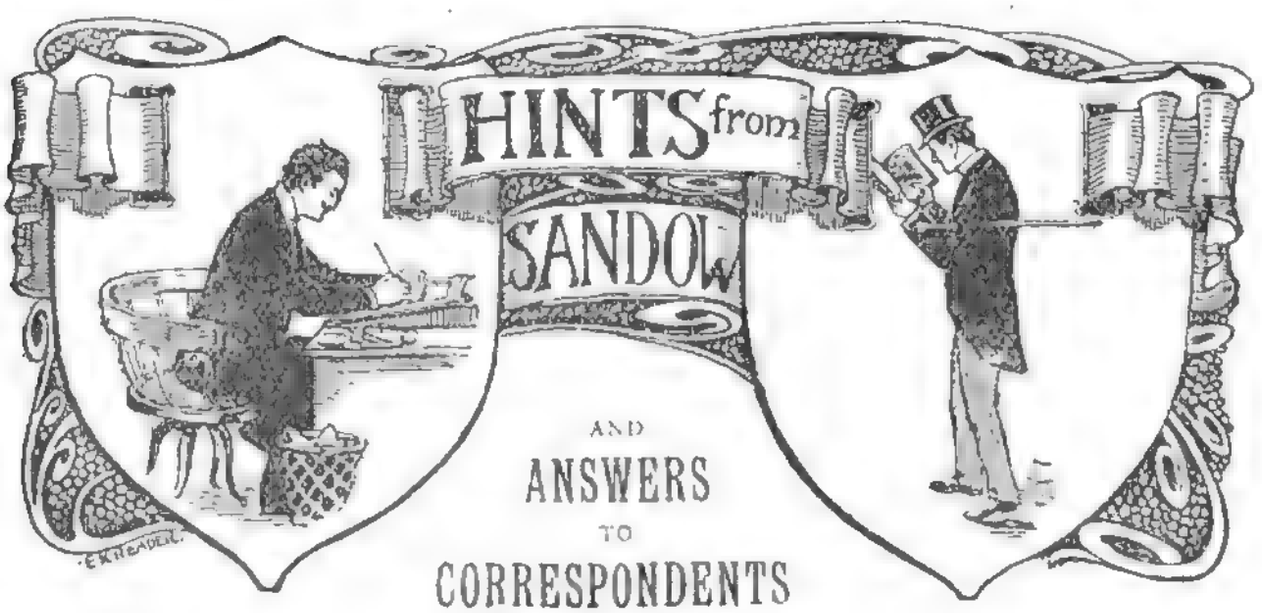
I have read a number of books on Physical Culture, including Sandow's, Dowd's, Macfadden's, Apollo's, Milo's, Stelling's, and others, but do not now follow any particular course, but select and pick out the exercises and suggestions from each book which I think will be most beneficial. I am much indebted to your excellent magazine for the numerous hints and suggestions contained therein.

Dumb-bells, used together with a good chest expander, are, in my opinion, the finest muscle-developing machines in the market, the expander bringing out the muscles of the back and chest, which the dumb-bells are unable to develop.

With many wishes for your success,

I am, dear sir, yours faithfully,

THOS. HAYTON.



ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

All communications relating to instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

"CHEESE" (LINCOLN) wants to know if cheese is good as a food.

Answer: It is very nutritious, but is not easily digested by persons with weak digestions. Avoid the "leathery" variety.

R. B. (WIGAN) wants to know how to increase size of arm. He has just commenced to study Physical Culture.

Answer: Ah, R. B., when you have studied a little longer you will see the necessity for all-round development, and, anyhow, if I tell you how to develop your arms, I know you will be encouraged to something better. Well, R. B., I advise you to obtain my books, which you will see advertised on another page.

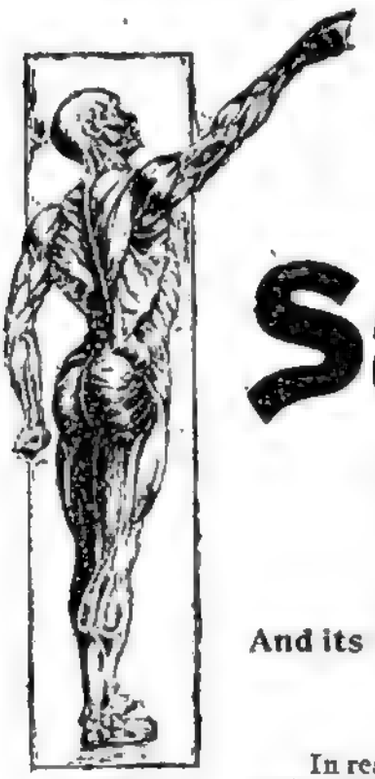
A. M. (MANCHESTER).—To check what you describe, tie an ordinary cotton-reel to a piece of tape and fasten ends in front in such a way as to secure retention of reel in position at small of back. I do not see how you can have losses in day-time unless you provoke them in some way, and in which case you must see that you do nothing to excite yourself. Occasional involuntary losses at your age (19) are not to be considered a sufficient cause for worry.

"CAPTAIN" (DEVON) has lost weight as result of fever contracted in South African War. Is otherwise "healthy enough." Enquires if patent fattening food necessary, if apples (daily) are good for him, also whether a light lunch is to be preferred to a heavy meal.

Answer: No doubt the fever created an abnormal condition, which interferes with the assimilation of certain weight-forming constituents of your food. Physical Culture will restore the normal as well as produce better all-round development. Special foods are unnecessary with such conditions of life as I imagine yours to be. Apples are very wholesome. It would be better for them if the people who are now nearly always sucking sweets ate apples instead. Light lunches are most *natural*—eat more liberally when the day's work is done.

J. M. (BIRMINGHAM) is often troubled with sluggishness and constipation, and wants "to get rid of these evils."

Answer: Sluggishness and constipation are practically one and the same thing.



MUSCLE.

A Natural Method of Curing Illness without the Employment of Medicine or Drugs.

. . THE . .

Sandow Treatment

And its Beneficial Effects on the Muscular & Nervous System.

In reality, muscle plays a very important part in the health of the body and upon the condition of the muscular tissue surrounding the various organs depends whether a person is healthy or ill.

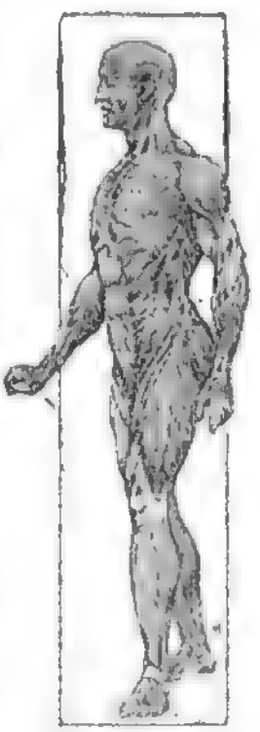
It must be remembered that the great organs of digestion and evacuation are all enveloped in and operated by muscle.

Nervous ailments are notoriously difficult to cure. Yet in all cases of nervous disorders the Sandow Treatment has proved itself an absolute remedy. Why is this?

Simply because the treatment is based on a thorough understanding of this most delicate portion of the body, and only natural means are employed in restoring it to health.

Every nerve ends in muscle, and unless the nerve itself and the muscle are washed by rich, healthy blood, disease ensues.

Nervous Breakdowns.—Whenever a breakdown takes place there will be pain and discomfort. In order to cure, the exact area where the nerve is must be discovered; then, by skilfully directed movements, a regular supply of pure blood must be caused to travel to the spot. This is precisely why the Sandow Treatment is so successful. No medicine or drugs are employed, and instead of pampering the diseased nerve, it is toned up to a sound, healthy condition.



NERVES.

Thousands of sufferers from such ailments as **indigestion, constipation, insomnia, loss of vigour, and various nervous and functional disorders** have already found relief and cure from a course of the Sandow Treatment.

INVITATION TO INVESTIGATE.—If you are a sufferer from any of these illnesses you, too, can be cured quickly and permanently. The treatment entails no inconvenience, and is endorsed by leading medical men.

Those who are the victims of any of these ailments will be interested in Sandow's Book on "Curative Physical Culture," which describes the treatment fully, and a copy of which will be sent free to all applicants describing their ailments, so that a thorough investigation of the methods and results is made before it is undertaken. Write at once for a copy to EUGEN SANDOW, Dept. S., **17, Basinghall Street, London, E.C.**

It afflicts an ever-increasing proportion of sedentary workers. Modern life becomes more artificial every day. The average city worker is alarum-clocked out of bed a few minutes before his last train or other conveyance, which conveys him all too near for his bodily health to the scene of his daily labours. He does not even have the advantage of the exercise of climbing steps. He sidles into a lift and is hoisted, like a piece of machinery, to the fifth or sixth floor. His office or shop is warmed by the sulphurous fumes of a gas-stove or the enervating radiations of steam-heating pipes. One or more of his fellow-workers are, of course, afflicted with colds (and no wonder) and insist on every window or source of ventilation being sealed up. The lunch hour sees our human cog-wheel in a subterranean café, reeking with the smoke of tobacco and cigarette papers. Instead of a long walk out of doors in the evening, our victim of modern life throws away his one real chance of preserving his health, strength and vim by spending the time in the poisonous atmosphere of the gods' (!) gallery at a cheap music-hall. The pity is that he will awake to lost chances when weakness and disease have made sad inroads upon his constitution. Now, I feel that there must be something in the foregoing that fits like a cap on the head of "J. M.," as well as many others. To aid in the process of regeneration, map out a scheme of hygienic daily life. Rise one hour before train; splash water on face as a refresher; clean teeth; drink half glass cold or tepid water; 10 minutes' exercise in night wear; cold or tepid bath or sponge down; towel briskly and dress ditto, deep breathing same time (20 or 25 minutes gone); another five minutes' brisk walk outside; breakfast quarter-of-an-hour at least; leaving quarter-of-an-hour or 10 minutes to station, with body and mind attuned to work as a pleasurable and interesting duty instead of a disagreeable necessity. Lunch hour: 10 minutes' "refresher" walk before sitting down in a non-subterranean café to a *wholesome* and not necessarily heavy repast. Following, a light game, such as dominoes or draughts, light reading or another gentle stroll. Returning home at conclusion of day's work get in at least a good mile walk prior to a wash and a meal, which should be the most substantial of the day in the case of mental workers. Reading or hobby and another short outdoor walk prior to retiring to bedroom, where more exercise, brisk dry towelling and water drinking prior to turning in. Will you try this, "J. M.," and others similarly troubled, and be sure that the exercise includes bending and twisting of trunk?

T. B. (WISHAW) writes asking for advice. He says, "I am a miserable dyspeptic, and have been for about two years. Probably it is chronic gastric catarrh. I have been to doctors, but they took no interest in my case. They gave me the usual bottle, but gave no details about diet. After eating food the horrors commence. I have a great appetite; am 23 years of age, but have no strength for my work. An article that gives me hope appeared in a recent issue, entitled 'An Experiment in Health.' My case approaches nearest to the American's in that article."

Answer: You have, perhaps, unconsciously, given me what I believe to be a clue as to the cause of your trouble, which, if it is gastric catarrh and not mere dyspepsia or indigestion, is a serious though not by any means a hopeless matter. The clue to the cause is, that you say you are a *great* eater, which suggests to me that you eat *too much*. Persistence in eating too much, or too quickly, or too often, or eating too rich and indigestible foods, or drinking too much tea or coffee, or alcoholic liquors *with* food, will *always* sooner or later bring on indigestion, dyspepsia, or gastric catarrh. Therefore, it is necessary for me to recommend you to eat only twice per day, or even once only, until your stomach recovers tone. While in your present condition you must, if you wish to recover as quickly as possible, avoid acid fruits. Hard whole-meal biscuits and barley-water, to drink *between meals*, should form the principal articles of your getting-back-to-health dietary.

Our Readers' Library.

Any of these Books can be obtained direct and by return post from Our Readers' Library Department, Sandow's Magazine, 131 Temple Chambers, E.C.

AVENUES TO HEALTH. By Eustace Miles, M.A. A more useful little book it would be difficult to light upon for the health culturist. It is mapped out with great care and skill, and is a most extensive disquisition on the whole important subject of health and strength. It is tastefully bound, and our readers should not neglect to add it to their bookshelves. 4s. 6d. post free.

ART OF BREATHING AS APPLIED TO PHYSICAL DEVELOPMENT. By Surg.-Capt. A. L. Hoper-Dixon (Army Medical Staff). Everyone should carry this pamphlet in his pocket. The advice it offers is invaluable, being in itself most beneficial to the system. Price 1s. 1d. post free.

LIFE AND HOW TO LIVE IT. By Auretta Roys Aldrich. Contains simple and plain directions for treating and liberating the organs through exercise, and, with the thirteen illustrations, and music corresponding to the rhythm of the body for the exercise, furnishes as complete a help as can be given without the living teacher. Price 2s. 6d., post free.

PERFECT HEALTH: HOW TO GET IT AND HOW TO KEEP IT. By One who has it. Paper, post free, 2s. 9d.

IDEAL PHYSICAL CULTURE. By Apollo. No athletic library is complete without this illustrated work. Price 2s. 6d., post free.

PERSONAL MAGNETISM AND WILL POWER. This is a remarkable little book, containing Special Rules for Meeting with success in Love Affairs, Marriage, Work, Business, Money-making, Health, etc. Price, post free, 7d.

THE NEW MENTICULTURE, or the A.B.C. of True Living. By Horace Fletcher. Price 4s. 4d., post free.

HOCKEY: HISTORICAL AND PRACTICAL. By J. Nicholson Smith and Philip Robson. The fact that some thirty of the best known hockey-players in England have contributed articles to this volume renders it one of singular power and pertinacity. Hockey has made rapid strides of late, and this capable and practical history will be welcomed among knights of the game. Price 5s. 3d., post free.

MEMORY. By "Datas." A simple system of memory training. Fully describes the methods used by "Datas" to obtain the marvellous memory which has astonished audiences throughout the United Kingdom for the last two years. Interesting and instructive. Price 1s. 2d., post free.

TRAINING. By Harry Andrews. The fact that the author is the trainer of Montague A. Holbein, A. Shrubb, Frank Shorland, J. Butler, A. E. Walters, and A. A. Clare, is in itself sufficient assurance as to the points of interest of this book. Would-be record-breakers will make a valuable acquisition by adding this admirable little work to their store of literary knowledge. Price 1s. 2d., post free.

PHYSICAL EDUCATION. By Thomas Chesterton. A capital volume for those who would be convinced of the necessity of a rational and scientific system to attain the harmonious development of all the physical organs. Price 3s., post free.

THE COMPLEXION BEAUTIFUL. By O. Hashnu Hara. How to gain a complexion like an infant without the use of drugs or cosmetics. Price 1s. net, postage 1d. extra.

CONSOLATION. Post free, 4s. 6d. Partial Contents:—Diseases of the Blood—History, Conception, Character. Diseases—Primary Forms. Mercurial Poisoning. My Fight against the Mercurialists. Comparative Figures and Proofs. Practical Hints on Treatment. New Treatment of Chancre, Bubo Phymose, and Paraphyma, Blenhorrhœa, Testitis, Prostatitis, Stricture, etc. Prescriptions and Advice—Natural Methods.

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